



City of Newton, MA

# ***Food Group Newsletter***

*July 2015 Newsletter for Restaurant Owners*

## **What's New?**

The grading system will begin in October. We are almost done completing the first round of graded inspections. See [www.newtonma.gov/restaurants](http://www.newtonma.gov/restaurants) for more information.

## **Tip of the Month:**

### **Garbage Tips**



Pests and other creatures can create a nuisance around your garbage if it is not properly handled and stored. It is important to take steps to make sure that your garbage isn't becoming a popular feeding spot for all the neighborhood pests!

- Be sure that gloves are worn when taking out the garbage (and hands washed when returning)
  - Be sure to double bag the garbage if there is a leak
- Keep the dumpster clear of debris to prevent pest harborage
- Keep dumpster lids closed at all times to keep rainwater out and pests from entering
- Clean garbage containers as needed to prevent buildup of food

## **Food Safety Trainings**

We will continue to offer food safety trainings throughout the summer. If you are interested in coming or have questions, please contact Aimee at [asullivan@newtonma.gov](mailto:asullivan@newtonma.gov)

**Wednesday, August 19th**  
**9-11am**  
**City Hall room 211**



## Tips and tricks to cooling your food

The Food Code indicates that you must cool heated foods from 135° to 70° (or cooler) in 2 hours and from 70° to 41° (or cooler) in 4 additional hours (provided you achieved step 1). Sometimes this can be difficult if you have a large quantity of food, or the food started at a very high temperature. Having trouble cooling your foods quickly? Here are a few things you can do to rapidly cool foods:

- Separate large quantities of food into smaller batches can reduce the time it takes to properly cool a given food item.
- Use an ice bath: Be sure that you stir the contents of the food you are trying to cool frequently, and make sure to replenish the ice before it melts
- Purchase a cooling wand for soups and sauces: Cooling wands are large paddle-like utensils that can be inserted directly into your hot soup or sauce to help cool it. Be sure the wand is properly cleaned and sanitized prior to and after using, and be sure to

stir frequently to make sure the wand is reaching all parts of the soup

What NOT to do:

- Do not cover a hot food item and put directly into the refrigeration unit. Covering a hot item can cause condensation to form and does not allow the food to release heat as efficiently making the cooling process much longer. A better practice is to leave the food item uncovered (in a place it won't be knocked over) in the refrigerator until it has been cooled
- Do not continue cooling foods if they have not reached the appropriate temperature in the correct amount of time! Reheat the food item (to 165°), and start over if you do not reach 70° in 2 hours or from 70° to 41° in 4 hours.
- Do not cool foods in a flip-top unit. Flip tops are meant to keep foods cold, (that were previously cold to begin with!) they are NOT meant to cool hot foods.

## Foodborne Illness: Listeria

### What is it?

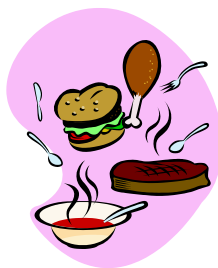
Listeriosis is a serious infection that can be caused by eating foods contaminated by the Listeria bacterium. Groups that are most commonly affected by listeria are young children, pregnant women, and people with compromised immune systems.

### Symptoms:

Some symptoms of a Listeriosis infection can include fevers, muscle aches, and diarrhea. For pregnant women, listeria infections can cause stillbirth, miscarriage, and serious infections in the newborn. Other symptoms may include headache, stiff neck, confusion, and convulsions.

### How do you get Listeria?

Listeria can be killed by cooking and pasteurization. It can be spread if the equipment used for slicing deli



meats has not been cleaned properly. It can also multiply in the refrigerator.

### What foods does the bacteria live on?

Listeriosis can be found on uncooked meats and vegetables, unpasteurized milk, cheese and products made with unpasteurized milk, deli meats, and smoked seafood can also

carry listeria.

### How can I prevent Listeria in my restaurant?

You can prevent Listeria by properly cleaning and sanitizing deli slicers (and all other equipment that comes in contact with raw and cooked meats) and making sure that foods are heated to the appropriate temperature.